

WEAR A MASK

## MSW Weekly Program Update

July 13, 2020



## Social Justice Spotlight



### Webinars on Accessibility

Click above for free webinars on various topics concerning accessibility to the built environment, information and communication technologies, and transportation. Transcripts, audio recordings and materials from previous sessions are available.

NASW's [statement](#) condemning incidents of lethal force against African Americans

## Summer Graduation

- Students who plan to graduate in August need to apply for graduation using the link in their Mavs' Student Center.
- The deadline to apply for August graduate passed on July 1. If students missed the deadline they should contact their academic advisor to request to apply late for an additional fee.**
- All graduating students must apply for graduation in order to earn their degree.
- Commencement ceremony information has not yet been released by UTA but students will be notified when more information is available.

A special note from the Vice-President of Student Affairs:

Dear Summer 2020 graduation candidates,

Congratulations on your upcoming accomplishment of earning a degree from The University of Texas at Arlington. The last few months of your college experience have been unlike any other, and we admire your persistence and adaptability as you stayed the course to achieve the goal that brought you to UTA—a degree. This is an unprecedented situation and UTA continues to rely on the guidance from The Centers for Disease Control and state and local orders to determine when we can gather together to celebrate your accomplishments for in-person commencement ceremonies.

For these reasons, we've made the difficult decision to postpone in-person ceremonies for our Summer 2020 graduates. We are making plans to celebrate our summer graduates while we await the postponed ceremonies, so keep a lookout in your email, mailbox, and our [website](#) once details are finalized.

We will continue to evaluate options for rescheduling in-person ceremonies, as we understand the significance of an in-person ceremony to celebrate such a significant and meaningful accomplishment. We have tentatively held the dates of November 19-22, but we will monitor the situation and plan to communicate a decision by October 1, 2020 when we can be informed by the most up-to-date public health guidelines and evaluate the status of the pandemic.

In the meantime, we look forward to celebrating with you virtually. Congratulations, and go Mavs!

Sincerely, Lisa Nagy, Vice President for Student Affairs

## Important Updates



### Fall Courses to Consider

If you are still wondering what to take this fall, stay tuned for a special edition MSW newsletter later this week!

### Registration

- It's still not too late to enroll in fall classes!
- All academic advising appointments** will be done via phone or Microsoft Teams.

[MSW Advisors](#)

## MSW Field Summer 2020

- Your **field instructor** (your supervisor at your field placement) and your **field liaison** (the professor who shows in your class list in MyMav) will be contacting you about your Mid-Term Evaluations.
- [InPlace Training](#) can be found here!

## MSW Field Fall 2020

- The Fall Field application **closed on Friday July 10<sup>th</sup>**.
- The field office is continuing to place students for fall, so please **do not be alarmed if you do not hear anything for a few weeks once you apply**.
- The Field Office **does not have details about what placements will look like in the Fall, remote or in-person**. Once the University makes a decision about Fall 2020, the Field Office will make a determination regarding field placements for Fall.

## Instructional Plans for Fall Courses

- Definitions of modes of instruction for fall are defined in the [message](#) from Interim Provost Aswath.
- Courses originally listed in MyMav as online will remain so.
- Courses originally listed in MyMav as face to face will be offered as online, face-to-face, or hybrid. Details for the Social Work courses are still being revised. We will alert you when our arrangements for fall are finalized.
- Please [submit questions here](#) about the modes of instruction.
- Students who register for fall courses and later decide drop a course **can get a full tuition refund if the class is dropped before the first day of courses**.

## We Need Your Feedback!

Social work students - we need your help in learning about the impact of COVID-19 on your social work education and personal well-being. Students who participate in the survey are eligible to win one of twenty-five \$20 Amazon gift cards. To learn more about the study [click here](#). This survey will take 20 minutes or less to complete. Please contact [Dr. Micki Washburn](#) with any questions or concerns. This study has been approved by the Institutional Review Board (IRB) of the University of Texas at Arlington. To participate in this survey, please click [here](#).

## YOU MATTER!

### Give Me a Break

During social distancing, being technologically hyperconnected seems to be the new norm. While our technology is vital to staying socially connected and current with work and school, **digitally disconnecting, taking a break from technology, intentionally, is vital to our health and well-being**. As we approach the mid-point in the summer semester and as you are all likely thinking about and feeling the need for a break, this is a great time to practice taking a break every day.

Benefits from intentional technology breaks include:

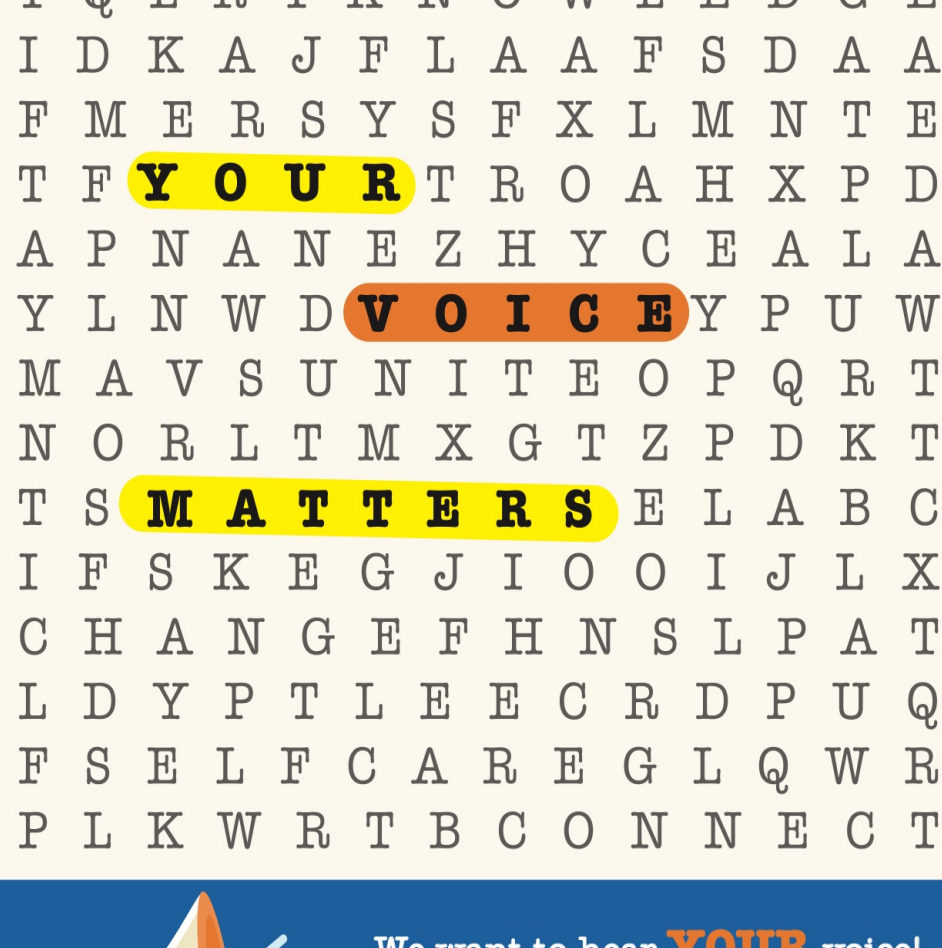
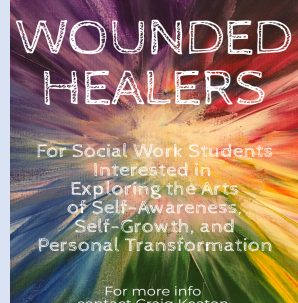
- Reduced stress
- Better sleep
- Improved mental, physical, and relational health
- Enhanced mindfulness and living in the present
- Increased attention and focus
- Improved learning and academic performance

To help you get a break, consider the following tips:

- Set specific time(s) in your day to check email, and stay away the rest
- Use a website blocker to turn off distracting sites and apps while working and studying
- Have a place in your house that is tech free, e.g. the bedroom or a personal quiet area
- Actually turn your phone and computer off for some period of time each day
- Take a "digital detox"; use no tech or media for half a day, all day, or the entire weekend

As we move forward in this unprecedented time, **give yourself permission to "power down" in order to power up your health, well-being, and quality of life.**

If you like You Matter posts and want to explore them more deeply, please join us for a Wounded Healers meeting. You can find us on Teams or email Craig Keaton at [craig.keaton@uta.edu](mailto:craig.keaton@uta.edu)!



We want to hear **YOUR** voice!  
If you are an MSW student... we invite you to take part in an interview where you will be allowed to share your thoughts, experiences and suggestions. **You are a part of the puzzle... be part of the winning solution!**

TO SCHEDULE YOUR INTERVIEW, PLEASE CONTACT:

Jessica Minnier, MSW Student

[jac4808@mavs.uta.edu](mailto:jac4808@mavs.uta.edu)

## Disability Awareness Month

In honor of Disability Pride Month and the 30<sup>th</sup> anniversary of the Americans with Disabilities Act on July 26<sup>th</sup>, there's a bevy of great free virtual events this month.

## CRIP CAMP

THE OFFICIAL VIRTUAL EXPERIENCE



### Crip Camp: A Disability Revolution

#### The Official Virtual Experience

Each Sunday through August 30<sup>th</sup> at 3 pm CDT, participate in a different free disability rights and disability culture workshop! ASL interpretation & captioning provided. Instructions on how to register, request additional accommodations, and access videos of past sessions: <https://cripcamp.com/officialvirtualexperience/>

**Summary:** In these unprecedented times, there is no one better to think outside of the box and deliver community building right to your home. Inviting all grassroots activists and advocates to join this virtual camp experience featuring trailblazing speakers from the disability community. All are welcome, you do not need any activism experience to participate.

## The ADA at 30: Moving Forward Celebrating 30 years of the Americans with Disabilities Act

In honor of the ADA's 30<sup>th</sup> birthday, the Texas Governor's Committee on People with Disabilities is hosting a series of conversations on accessibility and disability policy, culminating in a statewide virtual celebration on Friday, August 24, 10 am-12 pm.

Personal Communication, Office for Students with Disabilities

## Stay Safe

If you have any concerns, you can fill out [this form](#).

**What to do if you test positive for COVID-19?**

- Complete [reporting form](#)
- If needed, you can:

- Withdraw ([Forms](#) on the website)
- Ask professors for deadline leniency
- Consider requesting an Incomplete
- Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance

MAVSUNITE

### BACK TO SCHOOL FAQ

COVID-19

**Any new protocols?**  
UTA is requiring all students, faculty, and even visitors to wear face masks while indoors on campus. You don't have to wear one outdoors, although it is heavily advised.

**So where exactly do I have to wear a mask?**  
It's required in every building on campus but not necessary in residence halls, apartment complexes, or private offices. It is also recommended to wear one on shuttle buses or at crowded events.

**What happens if I test positive for COVID-19?**  
Most important of all, STAY HOME. Self isolate from roommates or family members the best you can. Let professors know of your diagnosis so they can accommodate your needs and alternate. Report your personal diagnosis to UTA for campus safety purposes.

**What happens if I come into contact with someone who tested positive?**  
Self isolate for 14 days. Get tested if possible. It's imperative you fill out the exact locations that contact occurred through this form for the safety of other students.

**Can I still apply for the CARES Act fund?**  
Absolutely! You must fit federal eligibility criteria that includes completing FAFSA and being a domestic and documented student. You can apply on your MyMav account if you're ineligible, you can instead apply for UTA's Emergency Assistance Fund.

**Which of my classes are going to be online?**  
For fall 2020, classes will be taught either face-to-face, online, or as a hybrid. Scan this QR code for the full list.



## Webinar Library

Isabella Hong, an MSW Student, has so graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance.

**Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

**\*This list is updated weekly!\***

[Social Work Webinars List](#)

[Basic Guide to Teams](#)

## RESOURCES

### Dean Ryan's Statement on COVID-19 Health Disparities

The Lifeline is **FREE**, confidential, and always available. **HELP** a loved one, a friend, or yourself. Community crisis centers answer lifeline calls.



### MAVS talk 24 HOUR CRISIS LINE

817-272-TALK (8255) [www.uta.edu/caps](http://www.uta.edu/caps) 303 RANDOM HALL

### Social Work Book Club

Join our virtual book club discussion with a guest speaker for the month of July. The book is "The Color of Water" by Roxane Watson. The discussion will be held on Thursday, July 23rd at 7:00 PM. To register, please email [bookclub@uta.edu](mailto:bookclub@uta.edu).

### Evidence-Based Practice Research Guide

How to gain access to SSW writing resources: [Advising & Student Success Canvases](#)

In Crisis? Text HELLO to 741741

UTAH LIBRARY ACCESSIBILITY



DREAMERS WELCOME

Dreamers at UTA

### UTATri-C Food Pantry Distributions

Currently distributing groceries on Thursdays only, from 9:11-4:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to [utafoodpantry@gmail.com](mailto:utafoodpantry@gmail.com) to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

### Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency [may apply for financial help](#).

If you believe you have contracted COVID19, please text in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to [find a testing location closest to you](#)

### Check Canvases for the MavsUnitte Page. To add it, please email Amanda Six or Diana Serrano

### Parkland Financial Assistance

Financial assistance is available for students who are experiencing financial hardship. For more information, please contact the Financial Aid Office at [financialaid@parkland.edu](mailto:financialaid@parkland.edu).

### Texas Health and Human Services COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available. Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7. Call the toll-free COVID-19 Mental Health Support Line at 833-986-1919.

### Want to help improve campus mental health services?

Be a part of a research study on the effectiveness of Therapy Assistance Center (TAC). You can participate if you are: a student at University of Texas at Arlington, age 18 or older, and have used Therapy Assistance Center (TAC). You must consent to participate. Interviews will take approximately 1 hour of your time and take place virtually via Zoom. A \$25 gift certificate will be provided as compensation. Research is being conducted by Dr. Regina Peterson, LMSW, PhD, School of Social Work, University of Texas at Arlington. Peterson@uta.edu

### LENDING A HAND

COVID-19 has severely affected North Texas, particularly low-income Latino communities. These communities have higher rates of cases and deaths compared to other groups who are at higher risk. These families have also fewer resources to support them during this pandemic. We need your help!

OUR GOAL: We are looking to connect with bilingual (Spanish and English) and Spanish-speaking individuals who are interested in helping their fellow students. We need your help to provide the support these families need during this pandemic. Please help us to support this goal by contributing to this project. We need your help!

SEE CONTACT BELOW TO CONTRIBUTE TO THIS PROJECT BY JULY 31 FOR MORE INFORMATION PLEASE EMAIL: [GETHELLO@UTA.EDU](mailto:GETHELLO@UTA.EDU)

### SSW Commencement Info

### UTA Academic Calendar

If you have any questions or content suggestions for the newsletter, please contact Jessica Minnier. [jac4808@mavs.uta.edu](mailto:jac4808@mavs.uta.edu)



## SCHOOL OF SOCIAL WORK

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Graduate Programs  
(817) 272-2135

"Act as if what you do makes a difference. IT DOES"

- William James